



# ONLINE WELL-BEING CHALLENGE

## ARRR MATEY... LOSE YER BOOTY!

Hoist the sails, grab yer matys and weigh-in for this pirate adventure to find the treasure of skull island. Earn points by walking the plank, getting exercise, avoiding scurvy and drinking flaggons of water.

**CHALLENGE TYPE:** Combo

**MEASURED GOALS:** Points

**DURATION:** 6 weeks

**TRACKING:** Enter weight, physical activity, water and fruit & veggie servings.

**CHOOSE:** Team-based or individual challenge

**INCLUDES:**

- Weekly health tip emails to engage
- Challenge promotional flyer/poster in electronic format
- Promotional video
- Real-time reporting
- User support

**OPTIONAL SERVICES:** Fitness device/app syncing  
 Incentive items/prize drawing ideas:  
 parrot stress ball, miniature hand held  
 brass telescope, antique brass compass,  
 digital body weight scale

